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The Negro Farmer and Messenger

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and Those Who Employ Negro Labor. The Only Negro Farm Newspaper in the World to be Circulated Among 2,000,000 Black Farmers.

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Corn Growing

Getting Moisture into the Soil for Good Corn Yield—Preparing the Land for Planting

United States Department of Agriculture

Corn gets what it takes from the the soil in liquid form and, therefore, there must be moisture to spare. The actual number of inches of rainfall on a given field, however, is not alone a safe guide, especially in droughty regions, as much depends on the amount of water that is stored at different seasons; the amount that is wasted in run-off, evaporation, or seepage; and finally, the amount actually made available to the root system of the corn. It has been estimated that a rainfall of 10 inches will be sufficient to produce a 50-bushel yield of corn, provided none of it escaped except through the plants. Even weeds, however, can not take over every bit of moisture and it is impossible under field conditions to prevent losses.

Corn specialists of the Bureau of Plant Industry, United States Department of Agriculture, in Farmers' Bulletin 773, therefore, caution corn growers in droughty regions (1) to plan their cultural operations so as to have the soil surface in best condition to take in water when rains are most likely to occur; (2) so to handle the soil that deep penetration may be secured; and (3) so to cultivate the soil as to store up heat and at the same time prevent excessive loss of soil water through capillary action and surface evaporation.

The ease with which soils take in, retain, or lose moisture depends mostly on their texture, physical condition, and surface slope, they point out. It is to the extent that cultivation can modify these factors that more water can be made available to the growing crop.

There are loose, open soils through which water pours as through a sieve, and there are tight, gumbo soils which swell when the surface is moistened and become practically waterproof.

Sandy soils take in water more readily than heavier soils; hence, less precaution is necessary to prevent run-off.

The greatest loss may be from seepage to depths beyond the plant roots. Manure and decaying vegetable better check seepage and improve soils of this character. As corn roots penetrate 3 to even 6 feet deep, larger yields of corn are frequently raised on sandy soils in semiarid regions than on surrounding hard soils.

The heavy, hard, or close-textured soils require the most cultivation to keep them in proper condition so as prevent moisture loss from run-off and evaporation. Unless the surface is kept broken or somewhat rough, but little water will be absorbed during hard rains and a greater loss will occur from evaporation. To maintain the surface soil in proper condition, cultivation is necessary soon after heavy rains. If cultivation is too frequent, however, so that the surface becomes too fine, moisture cannot penetrate readily and blowing of the soil is likely to occur.

It is of great importance that moisture be made to penetrate several feet below the surface. In most soils this penetration is slow, and during hot, dry weather surface evaporation is great. Surface moisture can not penetrate a frozen soil. Summer and fall precipitation has time to penetrate several feet deep and be in a position to support a growing crop the next summer. While it is seldom advisable to waste a whole summer in storing moisture for a corn crop the next year, it is advisable to begin storing soil moisture as soon as the preceding crop will permit. The ideal seed bed for a good corn crop in semiarid regions is one with a loose, coarse surface and a subsoil well filled with moisture to a depth of several feet.

Preparing Land for Planting

As lack of moisture, more than anything else, limits corn yields in droughty regions, the first question regulating each operation should be, "What will be its effect upon the soil moisture supply?"

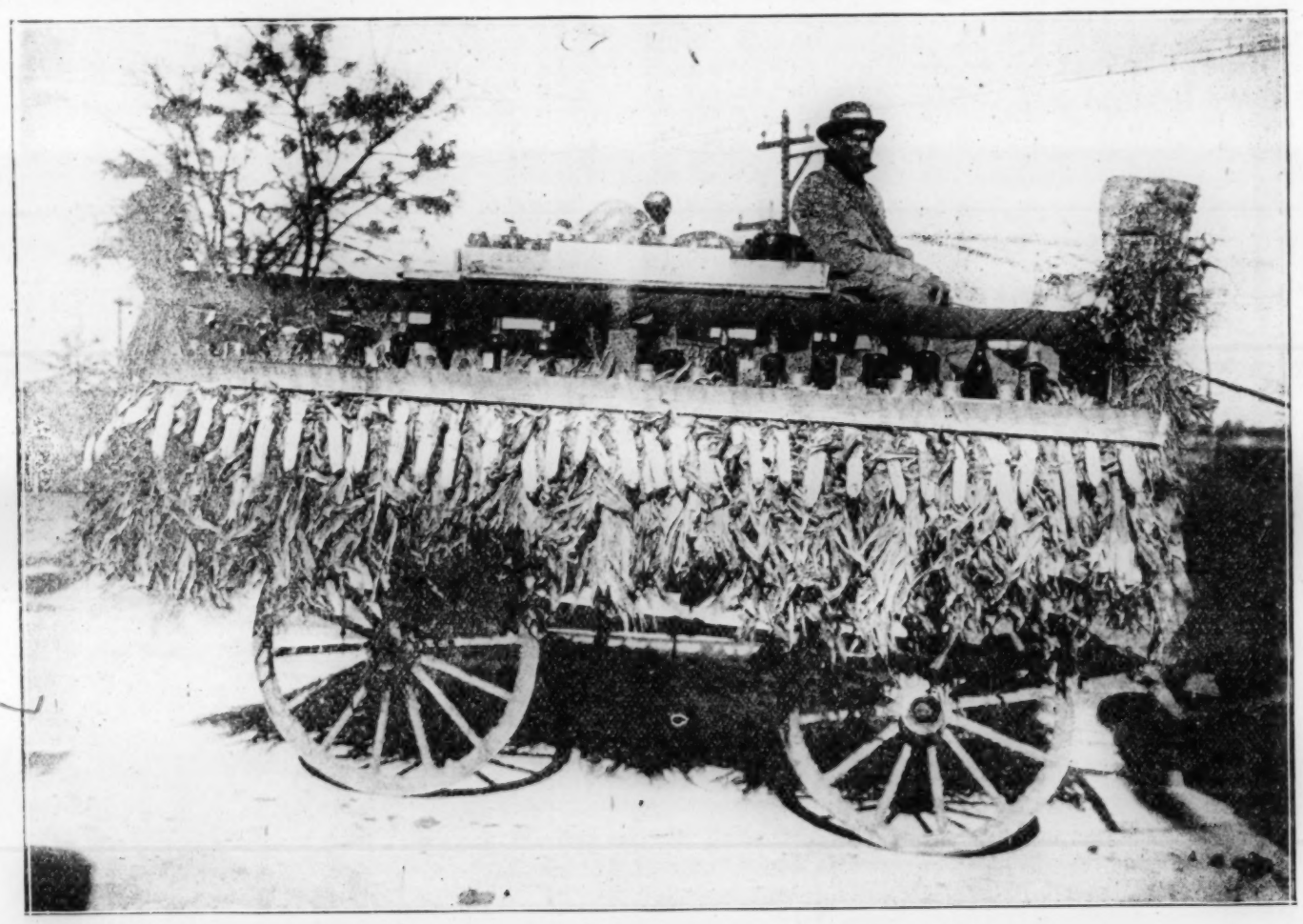
The authorities state that while summer fallow frequently results in greater yields of corn, the practice has not proven practicable. They therefore, advise beginning the preparation of land to prevent loss of moisture and to put the surface in condition to receive moisture as soon as the preceding crop will permit. Cultivation after the removal of the preceding crop is profitable if it stops and prevents a growth of weeds. But if the growing season is past, dead weeds may catch more snow than would be caught by a cultivated surface.

Fall disking, or listing, is usually beneficial in putting the land in better condition to prevent the soil from blowing, to hold the snow, and to prevent run-off. The penetration of moisture is slow, and when rains occur evaporation is rapid from hard soil surfaces, such as usually follow the growing of small grain. The chances of storing moisture are increased by loosening such compact surfaces as early as possible. Whether plowing is necessary, however, depends very much upon the type of soil, Most heavy clay soils are best put in proper condition by plowing. Sandy or light loam soils should not be plowed in the fall and left bare during the winter in regions where soil blowing is likely to occur. If however, it becomes advisable to plow such soils in the fall, blowing of the plowed area may be checked by top-dressing with barnyard manure.

Deep plowing should always be done in the fall or very early in the spring to allow more moisture to penetrate and the soil to settle before planting time. On sloping land the plowing, listing, planting and cultivating should follow on a level along the slopes or around the hills. The moisture saved makes this a profitable practice, and very often the prevention of run-off is necessary to erosion, with the loss of the richest portions of the soil.

Alfalfa land to be prepared for corn should be fallowed one year or plowed early the previous summer. Growing plants draw large quantities of water from the soil and subsoil. All growth of weeds and volunteer grain on land to be planted to corn should be prevented.

Deep plowing and subsoiling should be done in the fall rather than at corn-planting time. Soil put in the right condition to take in moisture to a considerable depth is also open to the air and dries out rapidly. If necessary to plow in the spring for corn, the plowing should be done early and should not be deep and the ground should be packed immediately. Plowing under several inches of snow is an effective and sometimes a practicable way of getting moisture into the ground.



Three Delicious Meals Every Day for the Farmer

By Prof. G. W. Carver

As we learn more about ourselves and the relation of food to our well being, we cannot but agree with those who have made it a study that "the prosperity of the nation depends upon the health and morals of its citizens, and the health and morals of a people depend mainly upon the food they eat, and the homes in which they live."

As a rule, we are wasteful; we do not know how to save. Ignorance in the kitchen is one of the worst curses that ever afflicted humanity, and is directly or indirectly responsible for more deaths than all the armies combined. It sacrifices human life from the following angles:

1. A poor selection of food; that is foodstuff lacking in the constituents necessary to build up the body and keep it healthy.

2. Bad combinations of food; that is, there are many foodstuffs good within themselves, but when combined with other material create an unnatural appetite; and quite frequently the body is unnourished, unduly stimulated, and as a result often leads to strong drink, bad morals, and bad manners.

3. Bad preparation of food. In this I think I make a conservative statement when I say that 75 per cent of those who are entrusted with this important charge are deficient. Here is the very hot-bed for indigestion, constipation, sour stomach, mal-nutrition, colic, and a host of other stomach troubles.

There is probably no other section of the country where farmers can live more cheaply, healthily and happily than here in the South, where choice vegetables of some kind can be had every day in the year, fresh from the garden. It is, however, noticeable that the farmer as a rule is the most poorly fed of all classes of individuals, when he should be the best, for the reasons given below.

1. He can have the choicest beef, pork, mutton, milk, butter, eggs, poultry, etc., raised on his farm; and, handling it himself, he is sure it is clean, healthy and wholesome.

2. He can supply his table bountifully with every fruit and vegetable that will grow in a temperate or sub-tropical climate and all from his own garden field and orchard.

3. Fresh fruits and vegetables have a medicinal value, and when wisely prepared and eaten every day will go a long way towards keeping us strong, vigorous, happy and healthy, which means greater efficiency, the prolonging of our lives.

These menus will suggest to the thoughtful housewife an almost innumerable number of combinations just as nutritious, just as palatable and just as economical, all of which can be home-grown, bearing in mind that the dietaries which follow must be viewed from two distinct angles to get their chief value.

First—Those who own their land or in other ways control all their farming activities should faithfully carry out the spirit of these dietaries, for the reasons already given above.

Second—The renter and those who must be advanced have much more of a complex problem to solve. They must co-operate with the landlord, and get him to assist in providing ways and means by which they can be carried out.

Careful statistics show that there are 112,000 Negro workers sick all the time, at an annual loss in earnings of $45,000,000; and that there are 450,000 seriously ill all the time, which means 18 days a year for each Negro inhabitant, at an annual cost of $75,000,000. It is also shown further that much of the sickness and 45 per cent of all the deaths among Negroes are preventable.

Government experts sent out a few years ago to investigate the food of the Negro here in the South, almost invariably found it poor in quantity, often inferior in quality and still more often most inferior in preparation. This was especially true among farmers.

Later investigations by government experts as well as others tell us that the loathsome and dreaded disease known as Pellagra is alarmingly on the increase, and that it is due largely to an unbalanced ration; or, in other words, there is not variety enough in the diet; and that this terrible disease may be prevented and many cases cured by eating properly.

With the above facts before us it is very apparent that the efficiency of our laborers should be increased. A sick, worried, rest-broken person cannot do his best either in quantity or quality of the service he attempts to render. From a purely economic point of view it is worth giving attention to. A person on a small salary can save but little, if anything, when some one in the family is sick almost constantly.

So therefore, let us stop deceiving ourselves further, and strike at the very root of the trouble, which is poor food. With proper management and reasonably good season a farmer should not be advanced in full for food but the first year; every farmer who receives advances should show to his landlord that a good cow is half a family's living. From her the milk, cream and butter in the dietary is provided.

Twelve good hens and a rooster should furnish all the eggs and chickens needed. Two, three, or four hogs, according to the size of the family, will furnish all the meat, lard, sausage, etc., needed.

All the garden stuff could and should be raised on his farm. The cornmeal and hominy should be made from his own corn.

The raising of his own wheat for flour is not at all impossible; I feel sure it will be universally done within a few years right here in Alabama. Sugar cane for his syrup, the hay, corn and oats for his stock all should be raised on his farm. Such other things as he needed might be gotten with the surplus eggs, butter or a fowl or two occasionally.

If you carry out these suggestions you will be surprised how much healthier, happier, and how much more work you can do; and how quickly you will become self-supporting. And last, but not least, how readily your landlord will assist you in providing these necessities.

MONDAY (Breakfast).

Granulated toast, served with cream, sugar and peaches.

Strawberries.

Figs.

Blackberries.

Stewed pears, or fruit of some kind, either fresh or dried.

(This makes a delicious and inexpensive breakfast dish).

Bacon and eggs.

Biscuit.

Coffee (made from velvet, cow peas or soy beans).

Butter.

Milk.

MONDAY (Dinner).

Vegetable soup (from chicken bones).

Cabbage or collards, boiled with bacon.

Sweet potatoes, baked.

Egg corn bread.

Sweet or sour milk.

Butter.

Blackberry pie.

MONDAY (Supper).

Light bread and butter.

Fruit, jelly, or jam of some kind.

Bacon puffs, served with syrup.

Tea.

Milk.

TUESDAY (Breakfast).

Stewed or fresh fruit, served with cream.

Egg omelet, served with ham.

Corn muffins.

Butter.

Syrup.

Milk.

Coffee.

Sliced tomatoes.

TUESDAY (Dinner).

Pea soup, with toasted bread (sippets).

Roast pork, with sweet or white potatoes.

Creamed onions.

Plain corn bread (dodger).

Fresh buttermilk.

Butter.

Bread pudding, served with cream.

TUESDAY (Supper).

Cold sliced ham (or cold meat of any kind).

Green-corn croquetts or fritters (canned corn or dried corn can be used).

Sliced tomatoes and onions.

White bread and corn pone.

Milk.

Tea.

Butter and syrup.

WEDNESDAY (Breakfast).

Granulated toast, with cream and fruit.

Home-made sausage or meat balls.

Batter cakes with syrup.

Sliced tomatoes.

Milk.

Butter.

Coffee.

WEDNESDAY (Dinner).

Creamed peas.

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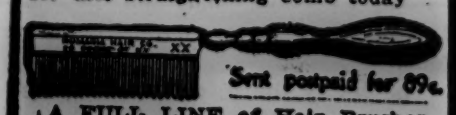

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Corn batter bread.
Sweet and sour milk.
Butter.
Sliced sweet potato pie.

WEDNESDAY (Supper).

Ripe tomatoes, sliced, battered and fried.
Creamed hash on toast.
White bread.
Butter and syrup.
Sweet milk.
Tea.
Peaches with cream.
Plain molasses cookies or cake.

THURSDAY (Breakfast).

Baked apples or pears, served with cream and toast.
Liver, smothered in onions with cream gravy.
Hot biscuit.
Butter.
Milk.
Coffee.
Fried mush, grits or rice.

THURSDAY (Dinner).

Cream of tomato soup.
Roast beef, with sweet or white potatoes.
Succotash of lima beans and corn.
Fatty corn bread.
White bread.
Fresh buttermilk.
Peach, apple or berry pie, served with cream.

THURSDAY (Supper)

Sweet potatoes, sliced and fried with minced meat.
White bread.
Lye hominy.
Sliced tomatoes.
Fruit with cream.
Ginger bread.
Milk.
Tea.

FRIDAY (Breakfast).

Granulated toast, with fruit and cream.
Ham and eggs.
Corn or wheat muffins.
Milk.
Butter.
Coffee.

FRIDAY (Dinner)

A rich vegetable soup.
Peas boiled with bacon.
Egg corn bread.
Sliced cucumbers, onions and tomatoes.
Sweet or sour milk.
Blackberry cobbler served with cream.
Butter.

FRIDAY (Supper).

Bacon puffs, with syrup.
Tomatoes (breaded).
White bread and toast.
Milk.
Butter.
Cottage cheese (smear case, home-made).
Cookies.
Fruit and berries with cream.
Tea.

SATURDAY (Breakfast).

Corn meal mush, served with cream and fruit.
Home-made sausage.
Hot cakes with syrup.
Toast.
Milk.
Butter.
Coffee.

SATURDAY (Dinner).

Cream of tomato soup.
Roast pork, with peas.
Sweet potatoes, baked.
Beet pickles.
Plain corn bread.
Fruit or berry short-cake served with cream.
Milk.
Butter.

SATURDAY (Supper).

Fried egg plant or tomatoes.
Baked peas (Alabama style).
Beet salad.
Syrup.
Butter.
Milk.
Tea.

SUNDAY (Breakfast).

Baked apples or pears, served with cream.
Breaded pork-chops, smothered in onions.
Hot rolls.
Syrup.
Butter.
Milk.
Coffee.

SUNDAY (Dinner).

Chicken pot pie.
Egg corn bread.
Boiled cabbage.
Mixed pickles.
String beans.
Fresh buttermilk.
Ice cream.
Cake.
Salted peanuts, pecans, walnuts, or hickory nuts.

SUNDAY (Supper).

Peeled tomatoes stuffed with minced meat, served with salad dressing.
Nut sandwiches.
Fruit served with cream.
Milk.
Tea.

A MISSISSIPPI FARMER WHO BRINGS THINGS TO PASS

Below is a report made by Mr. Solomon High of Canton, Mississippi, at the Negro Farmers' Conference in January. Mention was made of this report in the last issue of the Negro Farmer and Messenger. I hope that our readers will take note of the results of Mr. High's efforts. What Mr. High has accomplished other farmers with like push can accomplish. The weevil is not hurting Mr. High's business. He is perfectly happy over the situation, because he has plenty of meat and bread and money ahead. Cotton, as you see, is a side line crop. He makes plenty to live on and cotton for pocket change. Let more of us do likewise in 1917. Mr. High would make a splendid farm demonstrator for any community, for he is more than talk. He "delivers the goods."—Editor.

Crops Grown on 160 Acre Farm

By Solomon High

Lespedeza, 15 acres (20 tons), value, $11 per ton, $220.
bushel seed, $15.
Two acres Japanese Honey Syrup 400, $160.
One quarter Louisiana Cane Syrup, $49.40.
1,200 bundles fodder, $12.
One and a half acres potatoes, 150 bushels, $75.
One-half acre watermelons, $25.
Two acres Fruit Orchard, 30 bushels, $30.
One acre Truck Farm, $50.
Forty acres corn raised by farm hand, 500 bushels, $375.
Five acres of corn raised by himself, 40 bushels per acre, 200 bushels, $150.
One-half acre peanuts, 20 bushels, $20.
400 pounds butter, 25 cents per pound, $100.
200 dozen eggs, 20 cents per doz., $40.
150 broiling and frying chickens, $37.50.
Meat killed, 1,260 pounds, 15 cts. per pound, $189.30.
Forty acres cotton, 7 bales, $875.
Fifty acres pasture (32 head cattle), sold 1916, $267.
Separated one ton Lespedeza, five
Four acres oats, 40 bushels, $20.
Cotton seed, 3¾ tons, $187.50.
Made 1,410 gallons syrup for public use.
282 gallons allowed me for toll, at 40 cents per gallon, $112.80.
Total, $3,010.50.
Expense of farm, $800.
Profit, $2,210.55.

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THE RICH MAN'S FATE

By Rev. M. W. Jones, Brownsville, Tennessee

A rich man climbed to write his name
High up on honor's wall;
He sought for dignity and fame
Supremely over all.

In gods of gold he put his trust,
For wealth his soul did seek;
He scorned the poor, he robbed the just
And did oppress the weak.

But by and by his hand gave 'way
His hand turned loose; he fell,
Death caught his soul and flew away
Through earth and down to hell.

In hell he lifted up his eyes
And pleads that Lazarus come,
He begs the poor he once despised;
To cool his parching tongue.

Ye rich men of the earth today,
Consider as you climb
Lest death shall snatch your life away.
And leave your wealth behind.

THE NEGRO FARMER AND MESSENGER

VERNON W. BARNETT
Editor and Business Manager

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SATURDAY, FEBRUARY 10, 1917

EDITORIAL

GOOD HEALTH HINTS — HOW TO KEEP WELL

One of the pressing needs of the black man just now, is a knowledge of how to stay well. Man, in his mad rush for wealth and prominence, has sadly disobeyed the laws of health and has, therefore, greatly impaired his physical parts, thus robbing his race and nation of that strength and beauty so essential to the greatest progress and happiness. An effort to acquire wealth and popularity at the expense of health is as unreasonable as the attempt to lift one's self by his own boot straps, or to fill a basket with water. It doesn't take a highly educated man to learn how to keep his body strong and healthy. But it does take a man with sufficient sense and forethought to lay aside the many foolish and careless habits so very common among us. "Health is wealth." To me, this means that the man who is physically, mentally and morally well, not only gets rid of the heavy doctor bills, but is in better position to contribute his share to the sum total of human happiness and national greatness.

No sick man is worth very much to himself or community. There is nothing beautiful, constructive or elevating in heart aches and whines, because they cast a shadow of gloom that not only paralyzes the energy of the possessor, but retards the progress of all who live within the radius of their influence. So you see that when I am careless with my own body, that the pains and weaknesses are centered not in me alone, but inflict countless generations. A weak child is born into the family—a child possesing physical weaknesses wholly unlike those of father or mother; perhaps father and mother appear perfectly strong. But somewhere, at some time, a distant relative violated the cardinal principles of good health and in keeping with the laws of nature and of God, these afflictions have been allowed to visit that little innocent boy or girl, three or four generations removed from the crime. Sickness spells weakness, poverty, misery and death. Then, let's stay well! How?

By Clean Surroundings

"Two things can't be in the same place at the same time." It is impossible to keep healthy and strong in the midst of filthy surroundings. I have in mind a certain home where I saw a dozen jars of uncovered "soap grease," and a score or more of beef bones in the kitchen. Around these thousands of flies were swarming—crawling first on the soap grease and then across the food that had been prepared for dinner. These flies were evidently leaving germs of consumption or fever on the food to be swallowed by the inmates of the home. Finally the hard earned dollars accumulated by this family must be spent in a useless effort to save that boy or girl who has caught consumption or typhoid fever as a result of this carelessness.

Again I saw a little girl attempting to wash the dishes in water that was as thick as molasses and black as soot, with a cloth as sleek as grease itself. Instead of cleaning the dishes, she was adding more filth to be swallowed at the next meal; and just outside the window of this same kitchen was a pig pen and you may know the rest. Is it any wonder that six out of this family of eight children died before they were twenty-five years old? Cleanliness is not only "next to godliness, but is godliness itself" and is vitally essential to the best health. Look around your premises. Clean up thoroughly. Use water and soap as never before. Let us bathe our own bodies regularly and our lives will be sweeter, healthier and more profitable to ourselves and to our community.

Are there stagnant pools or uncovered water barrels about the place? Look after them for they are breeding places for the mosquito, and I'm sure you are acquainted with the deadly effects of his poisonous sting.

By Eating Properly

I need not discuss this important essential at length because in another column of this paper, Professor Carver's article fully and clearly sets forth the importance of well balanced meals. In suggesting that you give attention along this line, I do so, thoroughly conscious of the serious neglect on the part of many of our people in the matter of properly nourishing their bodies. Many are the boys and girls who are suffering from partial starvation. Weak, physically and mentally, because their parents are trying to force them to live on bread and molasses. I'm not recommending an abundance of cake and candy and pies; but I do emphasize the importance of a variety of foods such as Professor Carver suggests, all of which may be grown on your own farms. It is not quantity of food that makes the boy fat and strong, but quality. I would suggest that you read Professor Carver's article every day until you have mastered it and are willing to live up to its advice. Watch the garden. Watch the pigs. Watch the cow and the poultry yard and we'll not only stay out of the grocery store, but out of the drug store as well.

Stay Well by Taking Proper Rest

Night is the time that nature has set aside for rest. After a day's work the system has become greatly worn and needs eight or nine hours' rest in which to repair itself. But for this rest, we, like the wagon, would soon wear out. Late hours at night are as much against the health and well being of the human body as against the body of a horse, and yet many of our people boast of the fact that it is 12:00 o'clock at night before they go to bed. It is as important to have a regular hour for going to bed as for taking our meals. Are you guilty of visiting too much at night? If you are you not only rob yourself but "Brother Williams" out of his much needed rest. We are happier when we live naturally.

Stay Well by Dressing Properly

This does not mean to buy the most expensive material that may be found but it means to dress comfortably and sensibly. I greatly pity the young woman whose judgment leads her to put on summer clothing in winter. Her days are numbered. It is only a question of time when she will be groaning and crying because of the exposure to which she has ignorantly subjected her body. I am glad that tight-fitting clothes are no longer the style. I have seen some women who have pressed their bodies completely out of shape and virtually made invalids of themselves in their anxiety to dress in keeping with the fashion. Dress simply—dress naturally and be well and happy.

Stay Well by Properly Ventilating Your Homes

It is a common thing to find families who, on going to bed shut every window, every door and every crack in the house. They seem bent on letting no air in or out. Now, dear farmer, this is doing your bodies a very grave injustice. You cannot afford to breathe over again the air which has once passed from your bodies. That is what you do when you close all the openings to your house. A steady stream of fresh air should come into your room every minute in the night, if you would keep well. It is as necessary to breathe fresh air during your sleeping hours as when you are awake. When you get up in the morning feeling tired and sleepy, with headache, it is because you have inhaled the poisonous gases that have once passed from the body. Stay well!

By Drinking Plenty of Pure Water

I went into a community once where every family, except one was sick of fever. On investigation, it was found that the men had either been too busy or lazy to provide pure water. The wells had gone dry and every family was using water from a stagnant pool in the swamp. It is miraculous that all of them didn't die. An abundance of pure, fresh water is one of the safest and surest means of washing out and cleansing the human system. It is one of the cheapest jewels that can be had. It is as free for the black man as for the white man and is equally valuable for both. Let us put some of the doctors out of business by staying well. We can do it with a little effort.

CO-OPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

Annual Meeting of Negro Agents, Tuskegee Institute, Alabama, February 8-9-10, 1917

THURSDAY

Meeting opens, 10:30 a. m. Dr. J. F. Duggar, Director of Extension Service, presiding.

Roll call.

Remarks, Mr. G. R. Bridgeforth, Director of Agriculture, Tuskegee Institute, Alabama.

Question box opens.

"How to get the earliest and best corn, vegetables, patch crops and stock feed." General discussion.

"Suggestions to Negro tenants in overflowed regions." Discussion led by Mr. Jno. Blake, County Agent, Selma, Alabama.

"A suggestive cropping plan for a one-horse tenant farm." Discussion led by Messrs. P. J. Brown, Gallion, Alabama, and C. W. Greene, Tuskegee Institute, Alabama, County Agents.

Adjournment. 12 m.

Resume session, 1:30 p. m.

Remarks, Mr. Warren Logan, Treasurer, Tuskegee Institute, Alabama.

"What the local agent should attempt to accomplish in 1917." Discussion by Dr. J. F. Duggar and Mr. J. T. Watt, Auburn, Alabama.

Round-table discussion: (a) "Terracing land and laying off rows," led by Mr. L. J. Watkins, Tuskegee Institute, Alabama; (b) "Plans for food and feed crops;" (c) "Peanuts and other new cash crops;" (d) "Velvet beans—why? where? how?" by Dr. J. F. Duggar.

Adjournment.

Night sesion in Institute Chapel, 7 p. m. Short program by agricultural students and brief speeches by visitors.

FRIDAY

Meeting opens, 9 a. m.

"Saving heifers and providing for the raising of livestock." Discussion led by Mr. R. C. Adkins, Tuskegee Institute, Alabama.

"When should the farm year begin?" by Dr. Duggar.

"The spread of diseases among livestock and the practical means for their control." (a) Hog cholera; (b) Blackleg in cattle. Discussion led by Dr. J. H. Bias, Veterinarian, Tuskegee Institute, Alabama. Mr. B. F. Hill, County Agent, Athens, Alabama.

"Care of work stock." (a) Balance feeding; (b) Regularity in feeding and watering; (c) Care of stables; (d) Fitting of collars and harness. Discussion led by Mr. Matthew Woods, Tuskegee Institute.

Adjournment, 12 m.

Resume session, 1:30 p. m.

"Combating the boll weevil," Dr. W. E. Hinds, State Entomologist, Auburn, Alabama.

"Policy of agents with respect to questions not strictly agricultural." (a) Farm Loan Associations; (b) The so-called Negro exodus; (c) How can the agents exert an influence in favor of such a law-abiding spirit as will make farming more profitable? (d) Improved sanitation; (e) School buildings and equipment. General discussion, led by Dr. Duggar.

"How County Agents can help the tenant farmer." (A report from each agent.)

Administrative instruction, by Mr. J. T. Watt, State Agent.

Adjournment.

SATURDAY

Meeting opens, 9 a. m.

Observation lessons: (a) Orchard; (b) Terracing; (c) Veterinary Hospital; (d) Feed and Supply Division; (e) Market (meat curing).

Adjournment.

CAUSES OF THE PRESENT UNREST AMONG OUR PEOPLE AND HOW TO REMEDY SAME

BY MRS. C. J. CALLOWAY

Negro men are leaving the farming sections of the South for the North and for cities and other places where there are public works. Some are looking for higher wages, some for any kind of wages because they are hungry. Their wives and children are hungry. They have practically no food and very little clothing.

They were in debt for money advanced by their landlords, merchants or banker. Their debts were embarrassing and depressing. Some are leaving however, because it is their habit to move. In many sections where the bool weevil had just come, the future looked dark to the farmer, as far as his present occupation is concerned. Some who left have sent back for their families. Some were frightened at the cold and snow of the North and came back to spend the winter with their families. Some have been brought back corpse to be buried by their poor relatives left behind.

In some instances the son and husband have been thoughtful of the ones left behind and have sent some of their earnings back with which to buy food and clothing. In other cases the husband has deserted his family. The European war, the flood and the bool weevil have had a great deal to do with bringing about these depressed financial conditions among our people in the South. But back of the European war, the flood or the boll weevil, lie deeper reasons for the poverty and restlessness among our people.

Ignorance, carelessness and extravagance have helped us to be unprepared to meet these new economic conditions. The ignorance of our people as to how to raise cotton under boll weevil conditions has lessened the confidence of the money lenders in the old advancing system. This means less advancing of money on crop mortgage.

The carelessness of our people in saving material, time and money, has brought us face to face with the bread and meat problem. Our extravagant habits of living have caused to spring up fears of suffering and starvation not well founded. If we were not so wasteful, we would'nt be so restless now.

Many of our people who have recently gone North have been driven to do so because they have not been saving heretofore of their time and money. In this the Negro woman, the wife, shares the blame. We don't fully agree with the statement that the woman can either make the man or she can break him. But we do admit that she has a lot to do with her husband's success or failure. The Negro woman must learn to economize in the kitchen. She must learn to make a little go a long way. She must know how much it takes for her family's meal. If she does'nt she is likely to mix up a quart of flour, when a pint would do. She must learn how to take the bits of left-over from one meal and make them into a dish that will be relished at the next meal. Stop the little leaks leading out from your kitchen. In a year's time they will amount to many dollars.

One reason why the Northern white man is able to send down here and get your huusband and work him, is because his wife is so thrifty and knows how to save. As a rule our women spend too much time sitting idly. Why, I have seen some women seemingly content to sit for hours not doing one thing. The industrious woman can always find something to be doing. If she is not making a garment, she is sewing on buttons, patching, darning, or keeping her hands busy at something when she sits down. The Negro woman must learn to be more economical in the buying of clothing. Let's get out of the habit of buying every fashionable garment that comes out. Some of them are not becoming to all of us. Instead of the gaudy, showy dress, hat and shoes, let us buy something more substantial, and more sensible looking. Something that will wear long and well—something that will look well on any big meeting day. Let us be content to wear last winter's hat and dress, if we can't afford to buy a new one. Let us take some good dye and color over the old faded garments of several winters, change their style and make them look new, rather than go in debt for new ones. Let us do more cleaning and pressing of clothes and less buying of new ones.

To the wife who is left behind, the responsibility rests on you now to show what you can do in the absence of your husband and older sons. Some women are better managers than their husbands. It is good sometimes for the husband to get out of the way and let the wife manage. Don't get discouraged, but make up your mind to raise something for your family. Plant a good garden, raise plenty vegetables of all kinds for your table and some to sell, plant corn, peas, and peanuts. Plant plenty of velvet beans for your stock. Take care of your milch cows; they are half of your living. Do you know I have seen some women milk their cows only once a day? Encourage your children that are with you. Make them feel that home is the best place on earth. Soon your husbands and sons will get tired of the life away and when they return will be surprised that you have done so well during their absence.

To the wife whose husband is here, it is left with you to show what you can do to meet these hard times. Your husband has made, or must soon make his plans for the new year. Encourage your husband to stay out of debt. Don't encourage the borrowing of money to make a crop. You will not be called upon as much to go to the field as when so much cotton was raised. The mule or horse will have to do much of the work that you have been called upon to do. Now that you are going to have more time about the house, show your husband how much you can help by having a good garden, by attending to your milch cows, by raising all kinds of poultry, by canning plenty of fruit and vegetables during the summer months so that you will have plenty for your own table, not only when company comes, but every day, if you want it. By carefully attending to these things about the home, you will be surprised just how much you can cut down the grocery bill. Your husband will have to borrow very little or no money, besides you will have a few dimes that you can spend for yourself and children.

I realize how hard it is for the wife to have very much about the home, if she has a husband who opposes everything she undertakes to do. Husbands, encourage your wives to try to have something about the home. Build her a hen house when she asks you. Fix the garden fence so she can plant her seed on time. Set out fruit trees that she may have fruit without having to buy or beg. Keep good pastures for your hogs and cattle and don't keep all the money. Encourage your wife by letting her have a few dollars that she can call her own.

Women, be industrious, be economical. Teach your children to work, teach them to be saving of their time and money. Send them to school. Teach them to be law-abiding. Make your home and your family the best home and the best family on earth. If all unite in doing these things there will be no hard times with the white or the black, but we will have prosperity and happiness here in our Southland.

A MISSISSIPPI FARMER WHO BRINGS THINGS TO PASS

(Continued from Page 3.)

Negro Land Owners of Madison County, Mississippi

	Acres
J. H. Burrage	1,460
R. N. Nicholson	100
Solomon High	130
Amos Nicholson	160
Matt Nicholson	20
Jake James	1,000
Sam James	200
J. James	200
A. Wilson	50
T. Tackett	60
Joe Codwell	200
Jesse Brandson	300
Joe Brandson	200
Laurence Jones	60
H. C. Taylor	40
O. W. Carby	200
R. H. Kelly	60
Louis McNeal	80
L. C. Clark	60
George Jones	100
O. R. Love	80
Z. B. Green	80
Reana Olie	40
Douglass Smith	80
Henrietta Jones	40
Granville Jackson	50
T. H. Pinquite	60
F. Brown	60
G. Reed	80
Jeff Franklin	80
Abe Franklin	80
Bostus Johnson	100
I. Lang	24
M. Drang	24
Andrew Hilman	200
Dave Williams	80
Julia Montgomery	60
Jane Davis	100
E. W. Taylor	40
W. H. Robinson	80
Total	6,018

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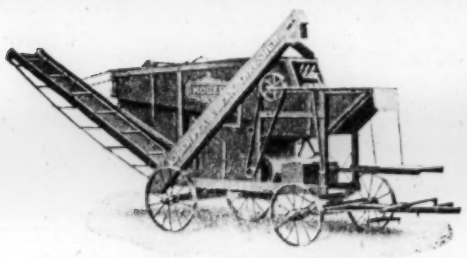

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THE SUNDAY SCHOOL LESSON

BY REV. G. L. IMES,
Dean, Bible Training School, Tuskegee Institute, Alabama

February 18

Jesus Heals a Nobleman's Son

John 4:43-54

The things that Jesus had said and done at Jerusalem had been noised abroad; so that when he arrived in Cana his fame had already preceded him to Galilee. He that had gone down to Jerusalem an obscure carpenter from Nazareth returns a great prophet, a wonder-worker; a few had called him the Son of God. How would he be received in his own country? The lesson of today is a record of the effect produced in Galilee by his achievements in Jerusalem.

Among others who had heard of Jesus and his wonderful works was a certain nobleman, a Roman of wealth and position. He had a son that was sick unto death. To this man came the news that this wonder-worker was coming into Galilee. With the word, hope for his son was kindled in his breast, and without more ado he set out to find Jesus. Where he was he knew not, but he did know that he was coming into Galilee. Leaving his home in Capernaum he starts south as Jesus journeys north out of Samaria. They meet in Cana, the scene of his first miracle. At once he intercedes for his son, asking Jesus to come down to Capernaum, that is down on the shore of the Sea of Galilee, Cana being located in the Highlands of Galilee. But Jesus was interesting to try out the faith of this stranger—not for himself, but for the man and for the sake of those who afterward should hear of it. For be it remembered that this man was not of the household of Israel; it was not so easy for him to believe as it might have been for those long trained to look for the Messiah and to recognize him in His wonderful works. Jesus puts him off with the challenge, "Except ye see signs and wonders, ye will not believe." But the reply is not that of a skeptic, nor that of a crafty debater, such as Jesus found so often among the Jews. Jesus makes his approach through the father; the man responds with a plea for his son. For the time at least the man had lost sight of himself; not even this challenge of his faith by Jesus could awaken him to a legitimate defense of himself. The matter of great concern was the life of his son, and in this crisis there was for him no time for parley. It is only his despair that takes the irritation out of his voice as he pleads, "Sir, come down ere my child die."

By this time Jesus had seen, had revealed enough. The greatness of the man's faith was evident. It stood out in marked contrast to the attitude of his own people who looked always and everywhere for signs until at the last Jesus refused to work any more miracles in their sight, and charged those upon whom he wrought that they should say nothing to any man. He bade the nobleman to go his way, with the assurance that his son would live. And here is the climax of the incident, the man who a moment before had plead so earnestly that Jesus go with him to heal his son, turns now to go home without Jesus but with the complete assurance that what he came for would be accomplished. His faith which was great at first, had grown even greater when he saw Jesus and talked with him for himself. A moment before he had thought the presence of Jesus was necessary to the life of his son; now his word was enough. In a little while, as he journeyed homeward, his faith was confirmed by the reports brought him by his servants that the fever had passed and that his son was mending.

Here then we find two miracles: one that the boy was healed while Jesus was a long way off; the second, that a faith that demanded sight and touch should suddenly be satisfied with a word. What a power Jesus had that he could so control the bodies of men; what a personality he had that he could so command the faith of men.

February 25

Jesus at the Pool of Bethesda

John 5:1-15.

Jesus is again in Jerusalem; but that time the scene changes. In the former lesson he was found in the temple, zealously defending the sanctity of the House of His Father. He was in the midst of the leaders of Israel and challenging them by his rebuke of their greed and faithlessness. But this time he is found in another part of the city, at the sheep-market. Here he is in the midst of the impotent, in the midst of the sick, the lame, the helpless.

It was after he had cleansed the temple that he discovered in fuller measure perhaps than before the extent of the need and suffering of helpless men and women. They thronged about him as he stood in the temple, his face aflame with the holy zeal that consumed him. And there he healed and blessed them. On this occasion they knew not of his coming. Perhaps as yet this multitude had heard nothing of his wonders; certainly he had left the city and there was no further hope for them from him—so far as they knew. But the memory of their eager supplications for relief remained with him from the former time. Returning now to the city he goes directly to where they were gathered, waiting at this spot for the one chance of relief that some said would come to him who first went into the pool.

As he approaches the crowd at the pool his eye singles out one who for years had been infirm and helpless. Poor, too, he was, in both money and friends; for he had none to put him in the pool when it was troubled. This one Jesus salutes, without waiting for an appeal. To his query, "Wilt thou be made whole?" He receives only a cry of hopeless despair. But his compassion rises now as his anger rose before; and instantly he bids the impotent man rise and walk. There was no testing of faith this time; no probing of conscience. The man needed help and Jesus puts him on his feet whole and sound. Then it is that he begins to talk of his soul; then he commands him to "sin no more." Here the tenderness and compassion of Jesus before human needs shine forth as a great light. Jesus went about doing good because his heart was touched by the depth of human misery. When he saw a blind man, he wanted him to have sight; when men were hungry he wanted them fed; when they sorrowed he wanted them comforted; and he himself gave them sight; gave them bread; wiped away their tears in restoring their

dead. When men suffered Jesus relieved them first and then asked about their sins. Over and over again he demonstrated that his sympathy and compassion were not conditioned upon state of heart. He reminds us anew that "God sendeth rain upon the just and the unjust;" "He is kind both to the good and the evil."

A great thing had been done in this healing of a man who had been helpless for thirty-eight years; in making an impotent man strong; a poor man rich. But the Jews, his enemies, could see only a man carrying his bed on the Sabbath day. Two things had happened this day: a lame man had been made whole, and the law of the Rabbis had been broken. Of the two the Jews thought that the latter was the greater. Jesus evidently thought that the first was the greater. Which think you is the greater, to save the man or keep the law of man?

TWO INTERESTING REPORTS

By Miss S. L. Woodall,
Supervisor, Macon County Rural Schools

January 15, 1917.

Mr. C. J. Calloway:

Nothing has stimulated the interest among the people in the Macon County schools toward making physical improvements of a permanent nature as have the prizes offered by Judge Carpenter.

As a result of the prize offer, the following schools were eligible for the same:

Bethel Grove.
Tysonville.
Brown Hill.
Cross Keys.
Solomon Chapel.

The Bethel Grove school people were encouraged through the prize offer to raise money to the amount of $900, making the following improvements:

Adding another class room to the one room with comfortable desks and blackboards.

A bed room, dining room and kitchen have also been added and the teacher is living therein.

All this addition is painted inside and out. The yard is laid off and a nice driveway has been built from the road to and around the building.

The Tysonville school made an addition of a kitchen with equipments, a vestibule in front with cloak rooms, one for boys and one for girls. Two sanitary toilets were built and whitewashed and the yard was filled in with several loads of sand. The above improvements were made at a cost of $720.

The Cross Keys school fenced in the school yard, built sanitary toilets, put in window panes, had pictures framed for class room and repaired front porch and steps, at a cost of $55.

The Brown Hill school made the following improvements:

Added a kitchen, painted it and the old room inside and out, fenced in the school yard, sodded Bermuda grass, built two sanitary toilets and whitewashed them, put up a new heater for class room as well as equipped kitchen. Improvements to the amount of $675 were made.

The Solomon Chapel school was repainted, steps and porch repaired, pictures bought and framed for class room, two sanitary toilets built. The above improvements were made at a cost of $85. Aside from these permanent improvements, a number of minor improvements were made. Certainly the $100 given by Judge Carpenter has doubled itself many times. In the above schools, alone, the improvements totaled $2,435.00.

All schools were competing; hence all the schools were helped. In all, nineteen sanitary toilets were built. Eight school yards were fenced in with yard wire, two schools were repainted, twenty schools were supplied with one or more framed pictures, rooms for cooking were added to five schools, and curtains, shades, buckets, basins, etc., were bought for more than thirty-eight schools. It is human nature to love and cling to the beautiful. We therefore find after the improvements are made, not only a larger number of scholars in school, but the attendance is better. The patrons, as far as they are able, respond more readily toward the support of education both in person for work and in purse for pay. Because of the prize offer, the school is not only kept in better repair, but the people are being brought together in the interest of better things and are seeing the necessity of "self-help," which is so essential to our progress.

The continuance of such a project will be invaluable. Devout gratitude is extended Judge Carpenter by all these needy children and anxious parents.

A number of Macon County teachers are to be commended for the splendid services rendered the communities in which they are teaching, during the holiday season. Instead of leaving the communities for ten or twelve days and allowing the children to lag in their studies, they not only took up their work on the days following Christmas and New Year, but had some helpful exercises on these holidays appropriate for such occasions.

The people of Brown Hill and Brownville No. 2 communities respectively, are especially proud of their teachers. Miss Inez Lavert teaches the Brown Hill school. She entertained the children and patrons of her school during the holiday season and realized quite a few dollars for the benefit of her school that would have been spent otherwise, had she been absent from the community. Miss Annie Mae Higgs teaches the Brownville No. 2 school. Her girls in the cooking class entertained their parents and friends on Christmas day by preparing and serving dainty lunches to them. The parents were very proud to see the girls getting this training. So much so, that they turned aside from a Christmas dinner at home and were served at the schoolhouse. From this and the New Year program, I understand that some twelve or fourteen dollars for the benefit of the school was raised. Both of these are Rosenwald schools and they are certainly being used by these two splendid young women, as social centers on every possible occasion. Both schools are very clean and kept in fine repair.

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